

# The Civic Green

## RecycleBank

### Get Rewarded For Recycling!

Morgan Hill's new RecycleBank recycling rewards program motivates people to recycle with a simple, three-step process: Recycle, Redeem, Reward. To prepare for the July 1st start of the program, RecycleBank will be labeling your brown recycling carts on your recycling day through June 25th. Be sure to leave your carts out at the curb until 6pm on your recycling day until you see that they've been tagged (inside cart at the front). Then, recycle as you normally do by placing your recyclables into your brown recycling carts. The cart weight will be converted into RecycleBank Points which are then deposited into your personal RecycleBank account. Points can be redeemed for rewards at local and national businesses and retailers. Go to: [www.RecycleBank.com](http://www.RecycleBank.com) or call 1-866-563-0114 to activate your account. The more you recycle, the more you get rewarded. It's that easy!



## Green Activities for Kids This Summer



Are you wondering how you can keep your kids from spending the summer planted on the couch watching TV and playing video games? Get your children outside doing activities that involve them in the environment and you can help instill in them a lifelong respect for the planet. Kids will relish the together time as you make summer memories and learn more about Mother Nature. Here are some green summer activities that you can enjoy with your children.

- Visiting a local farm is a great way to show your children how food is grown and harvested. They can see which fruits and veggies grow in our area and they may also get a chance to interact with and learn more about farm animals. Visit a fruit farm such as Gizdich Ranch in Watsonville and spend the day picking your own berries. [www.localharvest.org](http://www.localharvest.org) offers a wonderful directory of local farmers' markets and family farms.
- Visit the Kid's Garden at the Chil-

dren's Discovery Museum in San Jose where kids can help with gardening chores and learn what it takes to keep a garden healthy and green.

- Take a walk around your neighborhood or local park. Prepare a nature scavenger hunt for the kids. Write down several items on a piece of paper, give them each a bucket to collect the items found on the list, such as a leaf, rock, flower, feather, etc. This is tons of fun and makes them aware of items they may have otherwise overlooked.
- Visit the Library. Our library is stocked with information about the environment that your children will love. Check out issues of Ranger Rick or National Geographic Kids or read classic books with an environmental message such as *The Lorax* by Dr. Suess or *The Giving Tree* by Shel Silverstein with your children.
- Explore a natural trail in one of our many local parks. Let the kids look in nooks and crannies and climb on the rocks. Pack a lunch and enjoy it together in the shade.
- Growing a vegetable garden is another activity that connects children to the earth. Ask your children what they

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Have a Green Picnic



Whether you are looking to fill a few hours on a

summer afternoon or planning an all day outdoor adventure, a green picnic is a healthy and environmentally friendly activity. The ideal green picnic combines healthy food choices, earth-friendly picnic products, a fun location and a bit of exercise. Start by visiting the Farmer's Market at the train station parking lot on Depot Street on Saturday morning to buy fresh, organic, local foods for your picnic. Place the food in containers that you can take home, wash and reuse. Use reusable shopping bags to tote everything to the park. Take cloth napkins, real silverware and washable dishes from home. Don't bring anything you need to throw away! Choose a location that can be reached by walking or biking. We have many lovely parks in town - visit one you've never been to. Once there, take a walk before eating. Exercise fuels the appetite! Finally, be sure to take all of your waste home with you and recycle your recyclables.

would like to have as a fresh ingredient in a family dinner and plant things that they want to plant. The value to kids is in including them in every step of the process. Talk about the need to amend the soil and what plants need to produce



food as you garden together. Let kids get right in there in the dirt when planting, tending and picking. Even tod-

dlers can use a small plastic shovel, put seeds in the soil, and pull a carrot out of the ground. No room for a garden? Grow a few vegetables in pots.

- Use materials that you already have at home to get crafty. Explain the importance of re-using materials that still have a useful life, rather than throwing them in the landfill. Turn cereal boxes into magazine organizers (or a fun way corral kids books) by covering them in used wrapping paper, or paper grocery bags you decorate together. Recycle a milk carton and make new feathered friends. Take an empty quart sized cardboard milk carton and cut a hole that is big enough for a



bird to sit and eat the feed Use a hole punch to make a hole in the top of the milk carton and put a string through the hole. Tie a knot in the string. Fill the carton

with bird seed until it reaches the top of the hole. Hang the carton on a tree branch and watch the birds enjoy their snack!

- Don't forget to incorporate exercise into your summer plans. Ride bikes to the store together. Take a backpack and a stash of reusable shopping bags with you. It's great exercise and a great opportunity to talk with kids about how using fossil fuels impacts the Earth.
- Check out the many activities offered by the City's Recreation Department. There are classes, camps and outings available for all age groups. See the [Summer 2010 Recreation Guide](#) for a complete listing of aquatics, fitness and special interest activities that will help your children have a healthy and fun Summer!



Join Us on FaceBook

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This Month's Green Living Tip:

Keeping Cool As the Days Warm Up

Staying cool during the warmer months needn't mean running the air conditioner all day long. Before there was air conditioning, people used these methods for keeping cool. Give one or two a try and see how they work for you! Wear loose, lightweight cotton or linen clothing like they do in the tropics. Wear shirts untucked to promote air circulation. Chill your pulse points by running cold water over your



wrist for a minute or so each hour. Don't eat, graze! Eat smaller, more frequent meals. Big, protein-laden meals stoke your body's metabolic fires. Eat to sweat. Spicy foods make you sweat without raising your body temperature. Once your skin is damp, you'll feel cooled by the evaporation. Cool your bed down. Cooling your head cools your entire body. Put away the down & latex pillows and use a cool & absorbent organic cotton pillow instead.